

Report of Gymnasium 1905

Madam President -

Ladies -

Mrs. Raff.

The real purpose of our Gymnasium is to push our students into better condition for their work in life. For "Exercise is the chief source of Improvement in all our faculties" and "Health is the soul that animates all the enjoyments of life."

We have had registration over Gymnasium this year forty-eight Students in Residence, mostly from the Methodist Training School. Adults

Exteriors and sixteen Children

Of the Students in Residence Dr. Davis has made 48 medical examinations and the Director of Gymnasium <sup>has taken</sup> the same number of Anthropological measurements.

These physical examinations this year have revealed a very

2) uneven development - in the  
first year students - especially  
had a class who needed systematic  
training more than these and with  
the exception of the Household Science  
Students never have we had a class  
so indifferent to the advantages of  
the Gymnasium?

Those who have worked faithfully  
and well are our Household Science  
Students and that it has meant  
something to them is shown by  
actual measurement. Thus —

Student of the third year - M.P. chest expansion  
from inches, wrist measurement even and  
has grown  $1\frac{1}{2}$  inches during this year

Student of the second year entered with  
a chest expansion of two inches - today requires  
an expansion of  $4\frac{1}{2}$  inches - even wrist measurement

Student of the first year chest expansion  
 $2\frac{2}{10}$  inches has now an expansion of 3 inches  
and has grown from  $6\frac{8}{10}$  inches to 61 inches

Measurement Venus - Tellis from Athens.  
Research in the Athenian Museum —

3) Through these charts we aim to do corrective work and this year we have had <sup>outward</sup> special treatment for Low Shoulders, Drooping Head, Constipation, Digestion, Biliariousness, Pain in Back, Narrow Shoulders, with some encouraging results. Our students are at the end of this year, in a much better physical condition than last spring and with one or two exceptions they have all taken exercise regularly through the entire year. Through the fall months the attendance at the gymnasium classes was larger than last year, after the skating started attendance lessened, and our skating was hardly over till Spring <sup>and outside</sup> and basket ball began.

{ If we would secure the best results in developing the strength of our bodies we must know something of hygiene, diet, Sleep - Fresh Air, Exercise and Bathing.

4) Many of the students take exercise in the gymnasium at night just a few moments gives them a new interest for study. Our diet -

If the purpose of eating is to give to the body new material to build up and repair lost tissue I believe the mistress of our household has given a well planned diet for throughout the whole year we have had phosphates

(Milk or Brain) specially beneficial to those who are called upon to do much mental work. Lean meat fish cheese whole wheat bread oatmeal baked beans green corn peas potatoes and prunes.

Nitrates (Muscle or Strength) The following foods contain nitrogen and would supply the need of those faithful to gymnasium work Beef. Mutton, cracked wheat, boiled barley oatmeal - eggs fruit and vegetables

Carboneate (Heart or fat) Butter - Rice chocolate white bread Syrup and custard

5) There has been many things to discourage the teacher of gymnasiums but arthas we feel that this work has grown some and knowledge of and love for systematic exercise increasing -

Exercise is as old as man - God said to Adam "In the sweat of thy face thou shall eat bread" thus we find that those who labor every day with mind and body until they sweat out the daily made impurities are the happiest and longest lived the world over. Temperament and value of exercise go hand in hand I believe that happiness and cheerfulness is necessary to perfect development in the gym.

Example (See <sup>6</sup>) Indigestion - worry - ? Carlyle has said Give us oh give us etc. Specifically speaking there is no difference between the professional labor which circumstances demand from the mechanician or workman and the more or less refined exercises to which we devote ourselves. The manual laborer who chops <sup>a</sup> wood and the girl who fences both perform muscular work - But the student who fences has her exercise at her own time and hour, regulates to her taste the time she allots to it, following the call of hygiene, diet and rest while the poor man or woman works too much feeds badly and sleeps little - Thus work wears out the one while exercise strengthens the other. 315

57 Great care has been taken that sleep should not be interfered with.

Ventilation is good fresh air and sunshine in every room

Bathing has been well timed and of variety

Exercise is as old as man God said to Adam "In the sweat of thy face thou shalt eat bread" thus we find that those who labor every day with mind and body

(1). The manner of taking the exercise  
means so much -

This year we have felt less shame  
in the Gymnasium

Our guests will perhaps have noticed  
this in our two open meetings  
and our girls afterwards declared  
"It was such fun" - good sport - - -

b) The value of regular attendance at class  
at regular hours has been well demonstrated  
by the work accomplished by the students  
of the Methodist Training School - (ref to Hinsley)  
I find that in England little  
apparatus is used, in Germany  
where the athletes live to celebrate  
their one hundredth anniversary  
little or no apparatus is used.  
And in a letter received from  
Athens Greece last week - Mrs  
Stone tells me the system used  
by the modern Greek woman now  
is Swedish Gymnastics.

The Greek woman understand  
this law of balance as demonstrated  
first in search of the evolution of the Venus

Miss Walton -

Dr Davis -

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Gymnasium Apparatus

Clubs 50 pairs

Dumb-bells 80 pairs

Wands - 50

Bounding Balls 24

Fencing Foils 13

Masks 2

Shields 2

Gloves 2

Basket Ball one set

Parallel bars

In Dressing Room

Three shower baths.

Three rubber caps.

Dancing Horse <sup>2</sup>

Balance Board

Overhead Ladder

Traveling Rings 6

Trapeze

Club Chairs

Chestweights 2

Rowing Apparatus 1

Apparatus Mats 3

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Furniture

4 dog chains

1 Piano & Stool (rented)

1 platform - movable



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